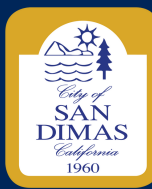




San Dimas Senior Citizen/Community Center



SILVER TIMES

Vol 45 No 10 201 E. Bonita Avenue San Dimas, CA 91773 (909)394-6290 October 2021

SPOOKY!!

SENIOR DINNER

JOIN US FOR A SPOOKY NIGHT OF FUN

AGES 55+

FRIDAY, OCTOBER 15
4:30 - 7:00 PM

\$7 PER PERSON
TICKETS ON SALE
SEPTEMBER 7!

RAFFLE TICKETS \$1 AT THE
DOOR

MEATBALL SANDWICH FOR
DINNER WITH SIDES AND
DESSERT!

ENTERTAINMENT
PROVIDED BY
AJ'S ENTERTAINMENT

SAN DIMAS SENIOR CENTER
MULTI-PURPOSE ROOM
201 E. BONITA AVENUE
(909)394-6290



INSIDE THIS ISSUE

Senior Center Programs	2-3
Free Classes	4
Adult Excursions	5
Happy Hour & Birthday Social	6
Monthly Dinner & Bunco	7
Calendar	8-9
Information on Pfizer Booster	10
Support Services	11
San Dimas Sheriff's Seminar	12
Community Links	13
Upcoming Events	14
Recreation Center	15
Important Phone Numbers	16

San Dimas Senior
Citizen/Community Center

HOURS:

Monday-Thursday

7:30am-8:30pm

Friday

7:30am-7:30pm

(909)394-6290

SEE PAGES 6-7 FOR MORE EXCITING EVENTS!

CLUBS

SAN DIMAS SENIOR CITIZENS CLUB

Tuesday

9:30am-10:30am

Meeting Schedule

Tues. October 5: Entertainment

Tues. October 12: Business Meeting

Tues. October 19: Speaker

Tues. October 26: BINGO



Fundraiser

Wednesday, October 6, 2021 ALL DAY

Come support the San Dimas Senior Club and 20% of the sales will be donated accordingly! Don't forget to mention club upon purchase!

Glendora Location

1247 S. Lone Hill Ave.



**WILL BE BACK STARTING
ON OCTOBER 5!**



Tuesdays at the Plummer Community Building

Package Fees

1st packet-\$5.00

2nd packet-\$3.00

Additional packets-\$2.00

Bingo packet sales

10:30am-12:00pm

Game begins at 12:30pm

**Sponsored by the
San Dimas Senior Citizens Club**

ACTIVITIES

BOOK PARTY

Sponsored by

LA County Library San Dimas

Wednesday, October 6

10:30am-12:00pm

UPCOMING BOOK SELECTIONS:

10/6 City of Girls by Elizabeth Gilbert

11/3 Women Talking by Miriam Towe

QUILTING WORKSHOP

Monday

6:00pm-8:30pm



Share ideas and work on quilting projects with friends

WRITERS WORKSHOP

Wednesday

1:00pm-3:30pm



If you are a professional, a novice or simply interested in the craft of writing, you may join

Writer's Workshop.

Bring a story to share or be inspired by other writers.

ROADWALKERS

Wednesday

7:30am

Meet at Civic Center Park



An informal walking group. Begin your morning with a rejuvenating walk at your own pace. Then, join your walking buddies inside the Senior Center for a cup of coffee and great conversation

GAMES

PINOCHLE

Wednesday
8:15am- 12:00pm

CRIBBAGE

Monday
8:15am-12pm



Stimulate your brain with a friendly game of cards or Rummy Tile. No experience is needed.

CANASTA

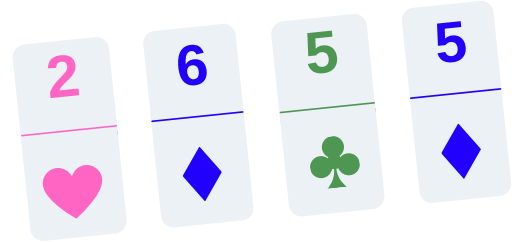
Monday & Thursday
1:00pm-4:00pm

BRIDGE

Monday
1:00pm-4:00pm

EUCHRE

Friday
8:15am-11:30pm



RUMMY TILE

Thursday
9:15am-11:30pm

BEGINNING PINOCHLE

Friday
1:00pm - 4:00pm

SERVICES

YWCA CASE MANAGEMENT



Available by appointment only on the third
Friday each month.

Friday, October 15
1:00pm-4:00pm

A Case Manager can assist in linking you with services and helping you apply to supportive programs. See page 11 for more information.

If you would like to schedule an appointment, please call the Senior Center at (909)394-6290

ATTORNEY SERVICE



Free, 20 minute consultation with an attorney.
Available by appointment only on the third
Friday each month.

Friday, October 15
10:00am-12:00pm

YWCA LUNCH PROGRAM



Currently a "Walk-up, Grab and Go" program.

Wednesday
10:30am-12:00pm

Pre-registration required. See page 11 for more information.

FALL SESSION

AUGUST 23- DECEMBER 17, 2021

FREE CLASSES FOR
OLDER ADULTS

Classes will be taught in-person at the Senior
Center & Plummer Community Building

These courses are sponsored by Mt. San Antonio College. If indicated, register in-person with the instructor at your first class session.

CLASSES STILL HAVE SPACE AVAILABLE!

CLASS	DAY/TIME		LOCATION
*Brain Health 1&2	Mon/Wed	12:30pm	Senior Center
*Computer Level 1&2	Tues	12:25pm	Senior Center
*Computer Level 1&2	Fri	8:55am	Senior Center
*Creative Computing	Wed	5:30pm	Senior Center
*Digital Photography	Thurs	9:00am	Senior Center

CLASS	DAY/TIME		LOCATION
Healthy Aging (Chair Exercise)	Mon/Fri	9:30am	Senior Center
Healthy Aging (Chair Exercise)	Wed	9:30am	Plummer Building
Healthy Aging (Aerobics)	Tues/Thurs	8:00am	Plummer Building
Healthy Aging (Yoga)	Tues/Thurs	9:00am	Plummer Building
Healthy Aging (Slow Movement Tai Chi)	Fri	9:00am	Plummer Building
Watercolor Painting	Tues	1:00pm	Senior Center
Home Gardening	Wed	1:00pm	Senior Center
Handcrafted Needlework	Tues	9:00am	Senior Center
Jewelry Production	Fri	8:55am	Senior Center
Sewing and Design	Mon	5:25pm	Senior Center
Int. Decorative Art Production	Thurs	1:00pm	Senior Center



For more information call,
San Dimas Senior Citizen/Community Center (909)394-6290

Adult Excursions are coming back in January!



Adult Excursions are for age 18 and older.
FACE MASKS REQUIRED TO BE WORN ON THE BUS.

Valley View Casino

Monday, January 10, 2022

8:30am-6:00pm

Fee: \$20.50 Residents/Senior Club \$22.00 Non-Residents

NOW TAKING A WAIT LIST



Excursion features transportation to Valley View Casino in San Diego County. Must be 21 years or older and possess a valid I.D. to register. Receive \$15 MOREPLAY after 5 points on slot machines. First-time visitors to Valley View Casino will also receive a \$10 food voucher.

Los Angeles Now & Then

Thursday, February 24, 2022

8:00am-5:00pm

NOW TAKING A WAITLIST



We will join tour guide Curt Tucker on a unique tour of Los Angeles that will show its progression from a tiny pueblo into a sprawling metropolis. The highlight of the day will be a behind the scenes tour of the new SoFi Stadium, home to NFL's Rams and Chargers. There will also be stops at the Civic Center, Staples Center, Dodger Stadium, LA Coliseum and Banc of California Stadium. Lunch will be at Philippe the Original (not included) You will receive a special dessert (included).

Registration Information for Adult Excursions: **San Dimas residents** – Registration begins at 7:30 am at the Senior Citizen/Community Center, 201 East Bonita Ave., on the date specified for each trip. Proof of residency is required. Each resident may register themselves and one guest per trip. Residency is not required for the guest of a San Dimas resident, but non-resident fees are applicable.

Resident Mail-in & On-line Registration – Resident mail in registrations are processed after the first date of resident walk-in registration on the date specified for each trip or register on-line at www.cityofsandimas.com. Pick up a registration form at City Hall, complete it and you will receive a receipt via mail or email.

Non-residents – Registration begins at 7:30 am at the Senior Citizen/Community Center on the date specified for each trip. Non-resident mail in registrations are processed after the first date of non-resident walk-in registration on the date specified for each trip or register on-line at www.cityofsandimas.com.



CITY OF SAN DIMAS

LET'S SHAKE THINGS UP!

FREE!

IT'S THE SCARY HOUR!

HAPPY HOUR



"MOCKTAIL"
REFRESHMENTS
INCLUDED!!

THURSDAY, OCTOBER 14
SENIOR CENTER MPR
3PM - 4PM

AGES 55+
REGISTRATION IS REQUIRED

SIGN UP ONLINE AT SANDIMASCA.GOV, OR CALL THE
SENIOR CENTER AT 909-394-6290, OR IN PERSON AT
201 E BONITA AVE SAN DIMAS CA 91773

Sponsored by



CITY OF SAN DIMAS

"Birthdays' are nature's way of
telling us to eat more cake."

OCTOBER

BIRTHDAY SOCIAL

THURSDAY, OCTOBER 14

3:00 PM - 4:00 PM
SENIOR CENTER MPR

PRE-REGISTRATION REQUIRED

You can sign up online at sandimasca.gov, or call the
Senior Center at 909-394-6290, or in person at
201 E Bonita Ave San Dimas CA 91773



COME JOIN US!!
AGES 55+

FRIDAY MOVIE MATINEE

October 1, 2021

2:00 PM

Senior Center MPR



"FATHERHOOD"

PG-13 1H 49MIN

A FATHER BRINGS UP HIS BABY GIRL
AS A SINGLE DAD AFTER THE
UNEXPECTED DEATH OF HIS WIFE

Free for ages 55+
Pre registration required

FOR MORE INFORMATION CALL THE
SENIOR CENTER AT 909-394-6290
201 E BONITA AVE SAN DIMAS CA 91773



City of San Dimas



BUNCO

THURSDAY, OCTOBER 28

2PM - 4PM

\$4 PER PERSON

AGES 55+

Fee includes refreshments, meal, games and prizes.
Come join the fun!

Register now at
sandimasca.gov or at the San
Dimas Senior Center.
Space is Limited.

Sponsored by

SAN DIMAS SENIOR CENTER
MULTI-PURPOSE ROOM
201 E BONITA AVE
909-394-6290



SAVE
the
DATE!

FULL OF THANKS

Dinner

FRIDAY, NOVEMBER 12

4:30 - 7:00 PM

AGES 55+

\$10 PER PERSON
TICKETS ON SALE OCTOBER 5!

TURKEY
DINNER
WITH SIDES
& DESSERT

RAFFLE
TICKETS \$1
AT THE DOOR

Sponsored by

SAN DIMAS SENIOR CENTER
MULTI-PURPOSE ROOM
201 E. BONITA AVENUE
(909) 394-6290



CITY OF SAN DIMAS

HOLLY JOLLY Dinner

AGES 55+

Enjoy a Delicious Holiday
Ham Dinner and
Entertainment Featuring,
"Two for the Show" Tricia
and Tracy Henry!

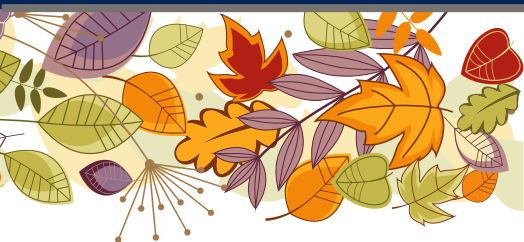


Friday, December 10, 2021
4:30 - 7:00 PM

\$10 Per Person
Tickets on sale November 2

RAFFLE TICKETS \$1 AT THE DOOR

SAN DIMAS SENIOR CENTER
MULTI-PURPOSE ROOM
201 E. BONITA AVENUE
(909) 394-6290



OCTOBER



See page 4 for Mt Sac class information.

All classes and programs are held at the San Dimas Senior Center,
except for those listed with a CB.

Classes with CB after the name will be held at the
Stanley Plummer Community Building
245 E. Bonita, San Dimas
(across the parking lot from the Senior Center)

<p>8:15am Cribbage 9:30am Chair Exercise 12:30pm Brain Health 1 1:00pm Canasta 1:00pm Bridge 5:25pm Sewing & Design 6:00pm Quilting Workshop</p>	<p>4</p> <p>NOVEMBER DINNER TICKETS GO ON SALE</p> <p>5</p> <p>8:00am Aerobics CB 9:00am Yoga CB 9:00am Handcrafted Needlework 9:30am Senior Cub Meeting 12:25pm Computer-Level 1 & 2 1:00pm Watercolor</p>
<p>8:15am Cribbage 9:30am Chair Exercise 12:30pm Brain Health 1 1:00pm Canasta 1:00pm Bridge 5:25pm Sewing & Design 6:00pm Quilting Workshop</p>	<p>11</p> <p>12</p> <p>8:00am Aerobics CB 9:00am Yoga CB 9:00am Handcrafted Needlework 9:30am Senior Cub Meeting 12:25pm Computer-Level 1 & 2 1:00pm Watercolor</p>
<p>8:15am Cribbage 9:30am Chair Exercise 12:30pm Brain Health 1 1:00pm Canasta 1:00pm Bridge 5:25pm Sewing & Design 6:00pm Quilting Workshop</p>	<p>18</p> <p>19</p> <p>8:00am Aerobics CB 9:00am Yoga CB 9:00am Handcrafted Needlework 9:30am Senior Cub Meeting 12:25pm Computer-Level 1 & 2 1:00pm Watercolor</p>
<p>8:15am Cribbage 9:30am Chair Exercise 12:30pm Brain Health 1 1:00pm Canasta 1:00pm Bridge 5:25pm Sewing & Design 6:00pm Quilting Workshop</p>	<p>25</p> <p>26</p> <p>8:00am Aerobics CB 9:00am Yoga CB 9:00am Handcrafted Needlework 9:30am Senior Cub Meeting 12:25pm Computer-Level 1 & 2 1:00pm Watercolor</p>

WEDNESDAY

THURSDAY

FRIDAY

9



8:15am Euchre
8:55am Jewelry Production
8:55am Computer Level 1&2
9:00am Tai Chi CB
9:30am Chair Exercise
1:00pm Beginner Pinochle
2:00pm **Friday Movie Matinee** 

NEW!

1

6

7:30am Roadwalkers
8:15am Pinochle
9:25am Chair Exercise CB
10:30am YWCA Lunch-
Pick up only
12:30pm Brain Health 2
1:00pm Writer's Workshop
1:00pm Home Gardening
5:30pm Creative Computing

7

8:00am Aerobics CB
9:00am Yoga CB
9:00am Digital Photo
9:15am Rummy Tile
1:00pm Int. Decorative Art Production
1:00PM Canasta

8

8:15am Euchre
8:55am Jewelry Production
9:00am Computer Level 1&2
9:00am Tai Chi CB
9:30am Chair Exercise
11:00pm Beginner Pinochle

13

7:30am Roadwalkers
8:15am Pinochle
9:25am Chair Exercise CB
10:30am YWCA Lunch-
Pick up only
12:30pm Brain Health 2
1:00pm Writer's Workshop
1:00pm Home Gardening
5:30pm Creative Computing

14

8:00am Aerobics CB
9:00am Yoga CB
9:00am Digital Photo
9:15am Rummy Tile
1:00pm Int. Decorative Art Production
1:00pm Canasta
3:00pm **Happy Hour & Birthday Social** 

15

8:15am Euchre
8:55am Jewelry Production
9:00am Computer Level 1&2
9:00am Tai Chi CB
9:30am Chair Exercise
10:00am Attorney Service
11:00pm YWCA Case Manager
1:00pm Beginner Pinochle
4:30pm **Monthly Dinner**
Spooky 


20

7:30am Roadwalkers
8:15am Pinochle
9:25am Chair Exercise CB
10:30am YWCA Lunch-
Pick up only
12:30pm Brain Health 2
1:00pm Writer's Workshop
1:00pm Home Gardening
5:30pm Creative Computing

21

8:00am Aerobics CB
9:00am Yoga CB
9:00am Digital Photo
9:15am Rummy Tile
12:30pm **Seminar- Medicare** 
1:00pm Int. Decorative Art Production
1:00pm Canasta

22

8:15am Euchre
8:55am Jewelry Production
9:00am Computer Level 1&2
9:00am Tai Chi CB *Civic Center Park*
9:30am Chair Exercise
12:30pm **Seminar-Medicare** 
1:00pm Beginner Pinochle

27

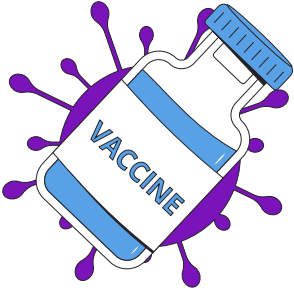
7:30am Roadwalkers
8:15am Pinochle
9:25am Chair Exercise CB
10:30am YWCA Lunch-
Pick up only
12:30pm Brain Health 2
1:00pm Writer's Workshop
1:00pm Home Gardening
5:30pm Creative Computing

28

8:00am Aerobics CB
9:00am Yoga CB
9:00am Digital Photo
9:15am Rummy Tile
1:00pm Int. Decorative Art Production
1:00pm Canasta
2:00pm **Bunco** 

29

8:15am Euchre
8:55am Jewelry Production
9:00am Computer Level 1&2
9:00am Tai Chi CB
9:30am Chair Exercise
11:00pm Beginner Pinochle



Eligible LA County residents for a booster dose of Pfizer include those who received the second of the two-dose Pfizer vaccine series at least 6 months ago and are either:

- 65 and over
- Residents of long-term care facilities
- 18 to 64 with underlying medical conditions
- 18 to 64 with high institutional or occupational risk, including healthcare workers, first responders, teachers and day care staff, grocery workers, and workers in homeless shelters or prisons

Nearby Locations Offering the Booster Dose:

- Albertsons Pharmacy
220 E. Bonita Ave. San Dimas
(909) 599-8874
Appointments & walk-ins available.
For walk-ins call ahead to confirm availability
- Costco Pharmacy
520 N. Lone Hill Ave. San Dimas
(909) 962-5516
Appointments & walk-ins available.
For walk-ins call ahead to confirm availability
- Mercy Pharmacy San Dimas
1152 Via Verde Ave. San Dimas
(909) 593-3444
Appointments & walk-ins available.
For walk-ins call ahead to confirm availability
- Sierra Pharmacy
210 S. Grand Ave. #116 Glendora
(626) 335-2300
Appointments & walk-ins available.
For walk-ins call ahead to confirm availability
- Vons Pharmacy
1600 Foothill Blvd La Verne
(909) 593-2592
For walk-ins please call ahead to confirm availability
- Rite Aid Pharmacy
1480 Foothill Blvd La Verne
(909) 593-2619
Appointments & walk-ins available.
For walk-ins call ahead to confirm availability



For more vaccine locations or Covid-19 information visit,

publichealth.lacounty.gov

Those without computer access may call (833)-540-0473
between 8am and 8:30pm 7 days a week

Senior Services 24-Hour Message Line (626)214-9465
 Domestic Violence YWCA-SGV WINGS 24-Hour Help Line
 (626)967-0658

60 years of age and older or disabled adult aged 18-59.
 Must meet the income eligibility requirements.

Get the assistance you need!

YWCA CASE MANAGEMENT PROGRAM

**Appointments available on the 3rd Friday
 each month**

- Advocacy
- Counseling
- Home Delivered Meals
- Homemaking and Personal Care
- Medical Equipment
- Social Security, Security Supplemental Income (SSI) Housing (based on availability)
- Transportation
- Utility Payment Assistance



Please call the San Dimas Senior Center for more information or to schedule an in-person appointment .
 909-394-6290

YWCA LUNCH PROGRAM

Now Walk-Up, Grab & Go

Participants will need to park in a marked parking space and WALK-UP to receive meals.

Lunch program includes- both ready to eat and microwavable meals.

- When: Wednesdays
- Time: 10:30am-12pm
- Where: San Dimas Senior Center, 201 E. Bonita Ave, San Dimas
- Who: Participants 60+
- Registration: Pre-registration required

**YWCA
 IS ON A
 MISSION**

Currently only accepting reservations from those already registered in the program.

For participants on the waitlist, available meals will be distributed in order, from 12pm-12:30pm.

To be added to the wait list or for more information, contact YWCA San Gabriel Valley Senior Services at (626)214-9465

ATTORNEY SERVICE

FREE Legal Consultation

Attorney provides a 15-minute professional consultation on the third Friday each month. She will help you understand your legal options and rights pertaining to your legal matters.

Appointment Required.

Call (909) 394-6290 for an appointment





CITY OF SAN DIMAS SENIOR CENTER

LEARN ABOUT **Medicare**



Join in for some informational seminars where our speakers will provide you with beneficial tips.

**THURSDAY, OCTOBER 21 - 12:30-1:30PM
MEDICARE 101 AND HEALTHCARE OPTIONS
BY MICHELLE NG**

**FRIDAY, OCTOBER 22 - 12:30-1:30PM
MEDICARE
BY TINA BROWNELL**

**FRIDAY, NOVEMBER 12 - 12:30-1:30PM
MEDICARE
BY TINA BROWNELL**

**THURSDAY, NOVEMBER 18 - 12:30-1:30PM
MEDICARE 101 AND HEALTHCARE OPTIONS
BY MICHELLE NG**

*Located at the Senior Center in the MPR.
For more information, call the San Dimas Senior Center
at 909-394-6290.*

MEALS ON WHEELS

Hot lunch delivered by a friendly volunteer to any eligible homebound resident in the San Dimas/La Verne area. Regular and diabetic menus are available.

Monday-Friday

Noon-1:00pm

For meal delivery information, please call Meals on Wheels at (909)596-1828.

YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

Do you know someone 60+ who needs support? The YWCA San Gabriel Valley provides community based nutrition and social services for adults age 60 and older. Disabled adults qualify if they are a dependent child of a qualifying senior. Spouses of qualified seniors are also eligible. For meal delivery information or Case Management Services, please contact YWCA San Gabriel Valley Senior Services at (626)214-9465.

SENIOR HELP LINE

Provides information and assistance to seniors and their families, helping them identify and contact the services they need from an extensive database of agencies serving seniors. (909)626-4600.

HICAP

HICAP provides free, unbiased information for people on Medicare. Call the Center for Health Care Rights at (800)434-0222.

OMBUDSMAN

HICAP provides free, unbiased information for people on Medicare. Call the Center for Health Care Rights at (800)434-0222.

YWCA NUTRITION PROGRAM

Program is currently pick up only at the San Dimas Senior Center. Participants are provided 7 meals, which include ready to eat lunch and frozen meals.

*Wednesdays

10:30am

Suggested donation is \$3.00 per person (60+ years) and \$5.00 per person (under 60 years). Program is currently wait-list only. For more information, call YWCA San Gabriel Valley Senior Services at (626)214-9465.

***Meals only available for pick up on Wednesdays at this time. Please see pg. 11 for information.**

AGING NEXT

(Formerly Community Senior Services)

Many programs available such as: companionship, support groups, counseling, transportation and resource referrals. Contact (909)621-9900.



POMONA VALLEY TRANSPORTATION INFORMATION

Pomona Valley Transportation Authority (PVRTA) offers transportation programs for the cities of San Dimas, La Verne, Claremont and Pomona

San Dimas Dial-a-Cab

- Service to the City of San Dimas. Available to all ages within the City.
- Available 24 hours a day
- Fares \$4.00 within the city, \$6.00 to certain medical facilities outside of the city. If you have the ride tickets, it is 3 each way.
- Senior and Disabled fares \$2.50, for rides within the City or to the extended boundary limits. If you have the ride tickets, it is 3 tickets each way.
- Extended boundary for senior or disabled: W to Grand Ave, E to Garey Ave, N to Foothill Blvd, S to 10 Frwy and Cal Poly.
- Curbside pickup typically within 45 minutes of your request. If using a wheelchair, inform the operator at the time you make the reservation.

Get About

- Available to Seniors and Disabled persons living in the 4 cities served.
- Hours: Weekdays 6:00am-7:30pm
Saturday 8:30am-5:30pm
Sunday 7:30am-5:00pm
- Fares \$1.00 or 1 ride ticket each way. Extended boundary is \$2.00 each way or 2 tickets.
- Travel anywhere within the 4 cities. Also, includes Montclair Plaza and Montclair Medical Center.
- Extended boundaries to certain other locations.
- Door to door service.
- Reservations at least 1 day or up to 7 days advance of your trip.
- You must register prior to making reservations.

San Dimas Dial-a-Cab
(909)622-4435

To register call: (909)596-7664
To reserve rides call: (909)596-5964

HALLOWEEN SPOOKTACULAR

FRIDAY, OCTOBER 22 & SATURDAY, OCTOBER 23
CIVIC CENTER PLAZA & SDHS STADIUM

PUMPKIN CARVING CONTEST, MOVIES, HAUNTED
HALL, TRUNK OR TREAT, GAMES & ACTIVITIES- CIVIC
CENTER

RUNNIN' SCARED 5K, 1 MILE FUN RUN/WALK &
TODDLER TROT (SATURDAY)-SDHS STADIUM



BRACKETT TO BONELLI HIKE

SATURDAY, NOVEMBER 6
8:00AM - 10:00AM
\$3 PER PERSON



FEE INCLUDES TRAIL SNACKS, SAFETY BASICS AND STAFF
SUPERVISION. ENJOY THE BEAUTIFUL SCENERY OF SAN
DIMAS WITH YOUR FRIENDS AND FAMILY AS WE MAKE
OUR WAY THROUGH THE TRAILS OF BONELLI.

BOWSER BASH

SATURDAY, NOVEMBER 6
10:00AM - 1:00PM
HORSETHIEF CANYON PARK



ENTERTAINMENT, CONTESTS, INFORMATION
BOOTH AND DEMONSTRATIONS. WHETHER
YOU ARE 2 LEGGED OR 4 LEGGED THERE
WILL BE PLENTY OF FUN FOR EVERYONE.

For more information call 909-394-6230
or visit sandimasca.gov



SAN DIMAS HISTORICAL SOCIETY



Free Guided WALKING TOUR of Historical Downtown San Dimas

10:00a.m. ON THE FIRST SATURDAY MONTHLY

Guided tours start and end at the historic Walker House 121 N. San Dimas Avenue.

This is great for everyone Interested in learning about San Dimas and its history.

Meet on the veranda at 10a.m. (RSVP requested) tours will take about an hour and a quarter.

The San Dimas Historical Society Museum and Gift Shop in the Walker House will be open
the first Saturday monthly from 10 to 1 p.m. for everyone.

Tour RSVP call / leave a message: Dave Harbin at (951) 990-3395



Follow us on:

Facebook: San Dimas Historical Society - Find us on: Instagram
Visit us at: www.SanDimasHistorical.org

MAILING ADDRESS

P.O. BOX 871, San Dimas, CA 91773 • (909) 592-1190

SAN DIMAS RECREATION CENTER

**990 W. Covina Blvd.
San Dimas, CA 91773
(909)394-6288**

Special price for seniors 55+
\$2.00 per visit or \$25.00 a month.

Call the Recreation Center for information on
MT SAC classes, Silver Sneakers, Renew Active
and Silver & Fit

HOURS OF OPERATION

Monday - Thursday

6:00am - 10:00pm

Friday

6:00am - 8:00pm

Saturday

7:00am - 5:00pm

Closed Sundays



AMMENITIES & PROGRAMS

**Racquetball Courts,
Sauna, and Weight Room
are open during hours of
operation**

SENIOR STRETCH / TONE

Monday - Thursday

11:30am - 12:30pm

SILVER SENIORS

Monday/ Wednesday / Friday

10:30am - 11:30am

AQUA FIT

Monday/ Wednesday / Friday

3:00pm - 4:00pm

MINDFULNESS MOVEMENTS & MEDITATION

Tuesday

9:00am - 10:00am

YOGA

Tuesday

10:00am - 11:00am

LOW IMPACT

Wednesday / Thursday

9:30am - 10:30am

PILATES

Friday

11:30am - 12:30pm

CARDIO & STRENGTH

Saturday

7:30am - 8:30am

LAP SWIM

Monday - Friday

6:15am - 7:35am

11:15am - 12:50pm

7:30pm - 9:05pm



Senior Center Mission Statement

The San Dimas Senior Citizen/Community Center is dedicated to offering services, events and activities that help enrich the lives of our community's older adults. We accomplish this in collaboration with different agencies to provide a menu of services such as nutrition, health information, recreation classes, life-long learning opportunities and special events within a fun and welcoming environment.



IMPORTANT PHONE NUMBERS

A.A.R.P	800-424-3410	HUD- Housing Authority	213-894-8000
Access Transportation	800-827-0829	Humane Society (SPCA)	909-623-9777
Adult Protective Services	877-477-3646	In-Home Support Services	866-613-3777
Aging Next	909-621-9900	Library- San Dimas	909-599-6738
American Cancer Society	626-795-7774	Meals on Wheels	909-596-1828
Center for Health Care Rights	800-824-0780	Medicare	800-633-4227
Chamber of Commerce	909-592-3818	Metro Access Services	800-827-0829
Chuckwagon Meal Reservations	909-394-6298	Mt. San Antonio College	909-594-5611
Center for Disease Control	800-232-4636	Ombudsman (Long-Term Care)	909-394-0416
City Hall- San Dimas	909-394-6200	Post Office- San Dimas	909-599-0651
Dial-a-Cab	909-622-4435	Recreation Center	909-394-6283
Edison- Power Outages	800-611-1911	Ready Now Transportation	909-770-8038
Elder Abuse Hotline	877-477-3646	Senior Information Assistance	800-510-2020
Eldercare Locator	800-677-1116	Sheriff's Station- San Dimas	909-450-2700
Fair Housing Association	800-225-5342	Social Security	800-772-1213
Fire Department- San Dimas	909-599-6727	SGV Vector Control	626-814-9466
Get About Reservations	909-596-5964	Volunteers of America	213-389-1500
Graffiti Hotline	626-442-6666	YWCA Case Management	626-214-9465
Historical Society	909-592-1190	YWCA Home Delivered Meals	626-214-9465
House of Ruth	877-988-5559		



City of San Dimas

Parks & Recreation Department
San Dimas Senior Citizen/Community Center
201 E. Bonita Avenue, San Dimas, CA 91773

Monday-Thursday, 7:30am-8:30pm
Friday 7:30am-7:30pm

San Dimas Senior Citizen/Community Center
(909)394-6290
Parks & Recreation Department
(909)394-6230

